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**From:** Khan, Annie (DPH) [/O=COMMONWEALTH OF MASSACHUSETTS/OU=DPH/CN=RECIPIENTS/CN=AKHAN]  
**Sent:** 9/30/2005 5:40:10 PM  
**To:** [REDACTED]  
**Subject:** Thought you would enjoy this

**How To Shower Like a Woman:**

**Take off clothing and place it in sectioned laundry hamper according to lights and darks.**

**Walk to bathroom wearing long dressing gown. If you see husband**

**along the way, cover up any exposed areas. Look at your womanly physique**

**in**

**the mirror - make mental note to do more sit-ups/leg-lifts, etc.**

**Get in the shower. Use face cloth, arm cloth, leg cloth, long loofah, wide loofah and pumice stone. Wash your hair once with cucumber**

**and**

**sage shampoo with 43 added vitamins.**

**Wash your hair again to make sure it's clean.**

**Condition your hair with grapefruit mint conditioner enhanced.**

**Wash your face with crushed apricot facial scrub for 10 minutes**

**until red.**

**Wash entire rest of body with ginger nut and jaffa cake body wash.**

**Rinse conditioner off hair.**

**Shave armpits and legs.**

**Turn off shower. Squeegee off all wet surfaces in shower.**

**Spray mold  
spots with Tilex.**

**Get out of shower. Dry with towel the size of a small country.**

**Wrap**

**hair in super absorbent towel.**

**Return to bedroom wearing long dressing gown and towel on  
head. If**

**you see husband along the way, cover up any exposed areas.**

**How To Shower Like a Man:**

**Take off clothes while sitting on the edge of the bed and leave  
them  
in a pile.**

**Walk naked to the bathroom. If you see wife along the way,  
shake**

**wiener at her making the 'woo-hoo' sound.**

**Look at your manly physique in the mirror. Admire the size of  
your**

**wiener and scratch your ass.**

**Get in the shower. Wash your face. Wash your armpits.**

**Blow your nose in your hands and let the water rinse them off.**

**Fart and laugh at how loud it sounds in the shower.**

**Spend majority of time washing privates and surrounding  
area.**

**Wash your butt, leaving those coarse butt hairs stuck on the  
soap.**

**Wash your hair. Make a Shampoo Mohawk. Pee.**

**Rinse off and get out of shower.**

**Partially dry off. Fail to notice water on floor because curtain  
was**

**hanging out of tub the whole time.**

**Admire wiener size in mirror again.**

**Leave shower curtain open, wet mat on floor, light and fan on.**

**Return to bedroom with towel around waist. If you pass wife, pull**

**off towel, shake wiener at her and make the 'woo-hoo' sound again.**

**Throw wet towel on bed.**

**If there is anyone among you who did not laugh at the truth behind**

**this, there is something so very wrong with you.**

**Have a great day! And, "woo hoo"!!!**

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